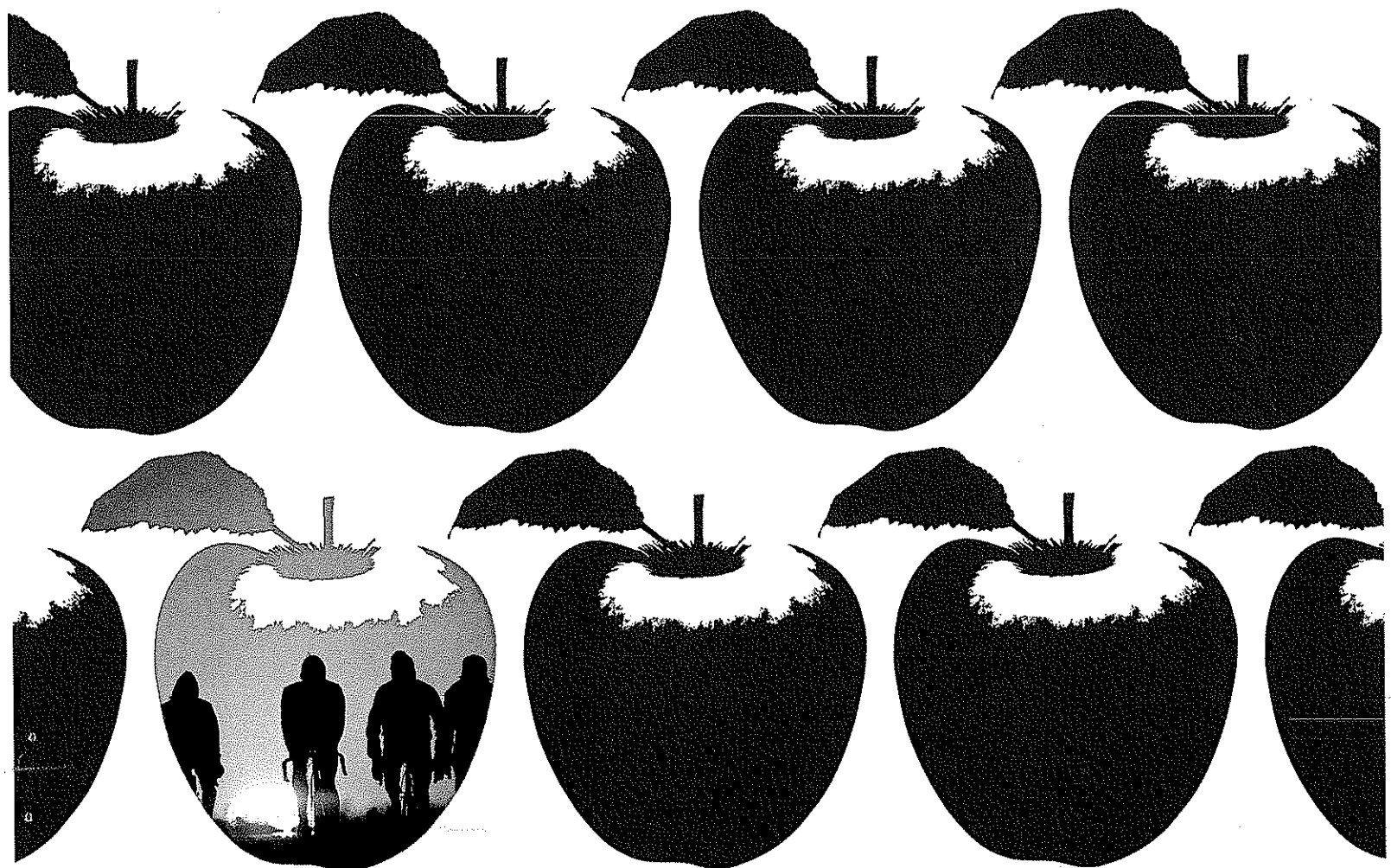


# Wellness in Iowa



November 2007

Report of Lt. Governor Patty Judge's  
Commission on Wellness and Healthy Living



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Davenport

## Introduction

In the summer of 2007, Lt. Governor Patty Judge created a five member Commission on Wellness and Healthy Living, to facilitate town hall meetings and gather new and innovative ideas from Iowans about wellness and healthy lifestyles.

The five commissioners facilitated discussions at 10 town hall meetings and in total, 459 Iowans participated. Every meeting created energy and excitement about the wellness dialog and had people still talking after the meetings adjourned. Clearly Iowans are invested in this topic and in these conversations.

### **The Lt. Governor's Wellness and Healthy Living Commissioners are:**

**Dr. Selden Spencer**, who serves as the chair of the commission, is a neurologist from Ames. Dr. Spencer has dedicated his life to improving the lives of Iowans through healthy living.

**Senator Maggie Tinsman** brings nearly 30 years of public service to the commission. During her 18 years as a state senator from Bettendorf, she was the leading advocate for increased health care funding and innovative initiatives in the legislature.

**Sharon Yearous** presents first hand knowledge of the issues affecting the health of our children. Living in Cedar Rapids, she is a pediatric nurse practitioner and the past president of the Iowa School Nurse Organization.

**Art Silva** brings a unique perspective on how improving health will also improve our economy. He is a successful Sioux City businessman who has spent eight years on the Mercy Medical Center Board of Trustees in Sioux City and was a former teacher.

**Kim Dorn** is the Marion County public health director and previously served as the president of the Iowa Public Health Association. Kim is intimately familiar with public health issues affecting the health of our state.

*(See page 5 for a more completed description of the Commissioners.)*

The commission members presided over two town hall meetings in their respective congressional districts and then met to review over ninety pages of dialogue captured during the meetings. The commission deliberated over dozens of issues that arose in the context of the town meetings, and now, presents a set of recommendations for the future. The final recommendations are grouped into five categories: nutrition, physical activity, environment, screening, and best practices.

## **Recommendations:**

Four hundred fifty-nine people participated in the 10 meetings and many submitted papers, books, newsletters and documents to the commission for their process. "We are grateful to all who took the time to join in the conversation and provide their viewpoint," Says Lt. Governor, Patty Judge. She noted that, "often the best solutions come out of the public dialog."

The Commissioners identified common themes from the conversations at the town hall meetings and used those wellness themes as the basis for the development of a set of recommendations. The common themes list is attached in the appendix. Listed below are the recommendations of the Commission on Wellness and Healthy Living, October 2007.

## **Recommendations of the Commission on Wellness and Healthy Living by Category**

### **Nutrition**

- Improve school nutrition programs by removing a-la-carte options from school lunches and removing unhealthy choices from school vending machines
- Build community partnership model (with other organizations) for after school education in life skills, such as cooking, and home management.

### **Physical Activity**

- Require schools to have a minimum physical activity requirement that meets recommended guidelines. The goal sought for all children is 150 minutes of movement per week in elementary school and 255 minutes of movement per week for high school students. (State Legislation Strategy)
- Work with Area Agencies on Aging and congregate meal sites to implement an activity program for elderly Iowans. For adults including seniors the weekly recommendation is 150 minutes of movement, such as walking. (Administrative rules strategy)
- Work with the Iowa Department Public Health and Department of Education to implement the federally mandated wellness policies for each school requiring annual reports of progress to document efforts in achieving the wellness goals. (Administrative rules strategy)
- Encourage walking and cycling to school, workplace, and congregate meal sites through rewards for physical activity and/or penalties for driving. One recommendation is to move parking for vehicles and buses away from destination sites in favor of walking paths and bike racks.

### **Environment**

- Allow for local control in regard to smoking.
- Develop a media plan with a public-sector champion (Governor or Lt. Governor) and a private sector champion to advocate wellness across the state.
- Develop a state grant program to encourage community access to wellness and fitness facilities such as school gyms, tracks, and trails.
- Include bike lanes in any new highways or rebuilt roadways.
- Link all state economic funding to wellness efforts.
- Require any new building, residential or commercial, to include a wellness component that would include sidewalks and bike access over automobile parking.
- Develop tax and insurance breaks to encourage healthy behavior.

### **Screenings**

- Commit to screening in schools, including for dental and mental health issues.
- Begin a dialog about providing nursing in every school to educate about wellness and provide health screenings. (Legislative mandate for either staff or contract for services by rule)

### **Best Practices**

- Create a best-practices Web site to provide examples of wellness best practices for individuals, communities, workplaces and schools. Include successful examples of both evidence-based and non-scientific programs as a resource.
- Build support for a comprehensive school wellness program in each Iowa school to provide screening, wellness education and prevention services as well as risk assessment and treatment programming.

## **Commission on Wellness and Healthy Living**

Five commissioners from across Iowa were selected by Lt. Governor Patty Judge to facilitate town hall meetings and gather new and innovative ideas to promote wellness and healthy living. "Each commissioner represents a different voice in health care. The unique and interesting perspectives of these individuals will ensure that this conversation represents the concerns of everyday Iowans," said Lt. Governor Judge. "And I thank each of them for taking on this very important project."

**Selden Spencer, MD** (Ames), commission chair, received his bachelor's degree at Allegheny College in Meadville, Pennsylvania and went on to earn his medical degree in neurology at the University of North Dakota. After meeting his wife Jean, who was raised in Iowa, Dr. Spencer moved to Iowa and has been a resident of Huxley for 16 years. Spencer ran for Congress because he wanted to make health care accessible to all Americans. He has acted as a faculty member at the University of Iowa and has served the community as a doctor for 22 years. He has served on the board of the Story County Habitat for Humanity and acted as a youth leader and deacon at the Collegiate Presbyterian Church in Ames. Dr. Spencer, his wife Jean, also a doctor, and their three children, Matthew, Sarah, and Annie have always been proud to call Iowa home.

**Kim Dorn** (Oskaloosa) is the director of Marion County Public Health Department, a position she has held for eight years. Prior to that, she worked in a public health and home care program in Mahaska County for 15 years. She is a past president of the Iowa Public Health Association and of the Iowa Home Care Association. Kim currently serves on the Iowa Preparedness Advisory Committee and the Promoting Healthy Behaviors section for the Public Health Standards Committee. She presented at the 2007 Governor's Conference on Public Health: Celebrating Healthy Communities presenting the positive impact of reality TV and the local wellness collaboration with the Knoxville Recreation Center for the "Knoxville's Biggest Loser" program.

**Art Silva** (Sioux City) is president/owner of Art Silva Lincoln-Mercury-Toyota in Sioux City, Iowa. He is a former manager at Ford Motor Company and also a former high school teacher. Since 2000, Art has served on the Board of Trustees of Mercy Medical Center in Sioux City. He is active on several boards and commissions including the Sanford Community Center, United Way of Siouxland, Boy's and Girl's Home, Iowa's Judicial Nominating Commission, Ford Motor Company's National Dealer Council, and the Briar Cliff University Board of Trustees. Art has shown a commitment to wellness issues through his work as a business owner and on the commitment to numerous boards in Sioux City. He is married and has two children.

**Maggie Tinsman** (Bettendorf) served Iowans for 18 years as a state senator until January 2007. She was a member of the Human Resources, Judiciary, State Government, and Appropriations Committees and co-chair of the Health and Human Services Appropriations Sub-Committee. Senator Tinsman has served on a number of legislative committees, boards and commissions. Among them, she co-chaired the

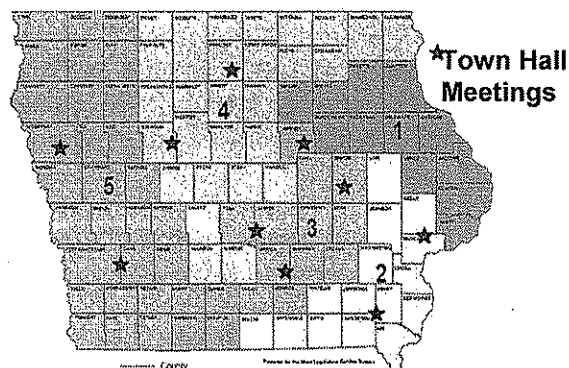
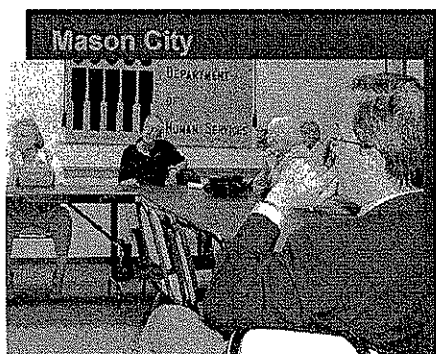
Medical Assistance Projections and Assessment Council, served on the Medical Advisory Committee, Tobacco Use Prevention Council Board, and was vice-chair of the National Conference of State Legislators Health Committee. She also served on the Board of Directors of the American Lung Association of Illinois/Iowa. Senator Tinsman has received numerous awards and commendations, including American Cancer Society Policy maker of the Year in 2002, American Academy of Pediatrics Citizen Award, Child Abuse Council Priorities Award in 2005, and American Heart Association Award in 2007. She has been married for 48 years and has three children and eight grandchildren.

**Sharon Yearous**, PhD(c), ARNP, CPNP, NCSN (Cedar Rapids) is a pediatric nurse practitioner employed by Mercy Medical Center to manage and operate the Health Promotion Center at Xavier High School and is a faculty member in Mount Mercy College Department of Nursing. Sharon has been a leader in the Iowa School Nurse Organization (ISNO) for six years and is the past-president of ISNO. Sharon served as the chair of the Healthy Children's Task Force in the State of Iowa, is a member of the Iowans Fit for Life Education Subcommittee. Sharon is an advocate for health promotion and health education.

## Town Hall Meetings

Between July 1 and August 9, 2007, a series of 10 town hall meetings was held across Iowa to create a dialog with Iowans about wellness and healthy lifestyles. These meetings were open to the public, and a wide representation of individuals attended each meeting. In each meeting, one of the members of the Commission for Wellness and Healthy Living led the conversation using a set of common

questions to:  
define wellness;  
identify components of wellness; identify barriers to wellness and living a healthy lifestyle; and explore actions to improve health.



A total of 459 Iowans participated in the commission meetings. Ft Dodge, Burlington, Mason City, Newton, Sioux City, Cedar Rapids, Davenport, Atlantic, Oskaloosa, and Cedar Falls. The smallest meeting (in Atlantic) drew 22 participants and the largest drew 116

(Cedar Falls). Seventy-seven percent of the participants signed-in, leaving a wellness stakeholder list of 357 Iowans. Notes taken during meetings captured the comments of participants, providing a total of 90 pages of dialog for contemplation by the commission in their deliberations.



In each community the commissioners partnered with local entities to arrange the meeting site and assure notice and awareness of the event. Press releases and email announcements were used to inform the public, and local contacts were asked to encourage people to participate. People who were unable to attend on the date of their meeting drove long distances to attend at another site. Many people attended multiple meetings to hear the ongoing conversations and insert their key messages as well. The table below identifies the meeting dates, sites, lead commissioner, and number attending at each meeting.

County	City/#	Date	LG/Commissioner	Site
Webster	Ft Dodge # 39	Tues July, 10	Dr Selden Spencer <a href="mailto:seldenes@aol.com">seldenes@aol.com</a> ★	Celebration Center at Friendship Haven 420 Kenyon Road
Des Moines	Burlington # 24	Wed. July 11	Sharon Yearous <a href="mailto:np4kidz@aol.com">np4kidz@aol.com</a>	Chamber of Commerce Mtg Room (Winegard Rm) 610 North 4 <sup>th</sup> Str.
Scott Quad Cities	Davenpor t # 44	Thurs July 12	Maggie Tinsman <a href="mailto:Maggie.tinsman@mchsi.com">Maggie.tinsman@mchsi.com</a>	Kahl Education Center Room 1006 326 W 3 <sup>rd</sup> Street
Woodbur y	Sioux City # 48	Tues July 17	Art Silva <a href="mailto:MAVINEYARD@aol.com">MAVINEYARD@aol.com</a> ★	Briar Cliff University, 3300 Rebecca St, Sioux City
Jasper	Newton # 44	Wed July 18	Kim Dorn <a href="mailto:kdorn@chmarion.org">kdorn@chmarion.org</a> ★	Newton Public Library. 100 N. 3 <sup>rd</sup> Avenue
Cerro Gordo	Mason City # 25	Thurs July 19	Dr. Seldon Spencer <a href="mailto:seldenes@aol.com">seldenes@aol.com</a>	Liberty Room –Mohawk Square 22 No. Georgia
Mahaska	Oskaloos a # 34	Tues July 24	LG/ Kim Dorn <a href="mailto:kdorn@chmarion.org">kdorn@chmarion.org</a>	Mahaska Co. Extension office 212 North I Street
Cass	Atlantic # 22	Wed July 25	Art Silva <a href="mailto:MAVINEYARD@aol.com">MAVINEYARD@aol.com</a>	Atlantic Library 507 Poplar Street
Linn	Cedar Rapids # 68	Mon Aug 6	Sharon Yearous <a href="mailto:np4kidz@aol.com">np4kidz@aol.com</a> ★	Mercy Medical Ctr, Hallagan Rm 701 10 <sup>th</sup> Street, SE
Black Hawk	Cedar Falls Waterloo # 116	Tues Aug 7	Maggie Tinsman <a href="mailto:Maggie.tinsman@mchsi.com">Maggie.tinsman@mchsi.com</a> ★	UNI - Davis Hall at the Gallagher Bluedorn Performing Arts Center

# = number attending at the site. Star indicates those sites where the Lt Governor was able to attend.

★ Lt. Governor Judge attended five of the meetings, and when there, she opened the session a powerful message for beginning the dialog. This strong message was carried in numerous news articles and television reports as well. The talking points were:

- ## Iowa Wellness and Healthy Living

The State of Iowa has a vested interest in building a local culture of wellness and developing strong health promotion and illness prevention strategies for its employees and for its citizens. Going upstream to focus on wellness means identifying

those strategies effective at producing optimum wellness, preventing disease, and managing chronic illness to delay or prevent disabilities. Wellness and healthy living are values that Iowa leaders must invest in. The current lifestyles are leading Iowans toward the path of illness.

"Our state faces many challenges. But no issue has greater impact on the lives of Iowans than health care. It is time we start talking about living healthier lives and the ways we can improve wellness ahead of developing problems that require a doctor's care."

Report of the Commission on Wellness and Healthy Living

After 10 town hall meetings the Commission met to deliberate a set of recommendations for the Lt. Governor and identified the common wellness community themes:

**Nutrition** includes adequate diet, access to healthy foods, an environment in which to prepare healthy meals, and knowledge of what foods are healthy. Each community voiced numerous concerns about nutritional issues. Many people were concerned about the poor nutrition provided by school nutrition programs and reported little change following development of local school wellness policies. Attendees were also concerned about vending machine availability in schools and the high calorie, low nutrient quality of many foods in these machines. School vending machines provide a very convenient source for purchase of these foods. Dental professionals and others opposed the pop that is readily available and responsible for poor dental health. Health providers concerned about the growing overweight among Iowa's children identified school lunches, vending machine choices, and fast food restaurants as a pervasive culture creating incredible health risks for overweight, hypertension, high cholesterol, and future chronic diseases such as diabetes, cardiovascular disease, and hypertension.

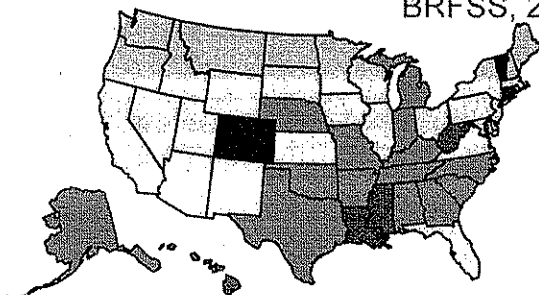
**Physical Activity** is a critical component of healthy living. Physical activity includes active lifestyles as well as engaging in specific physical activities for fitness. Wellness centers, gyms, and community trails are part of the environment that is conducive to active lifestyles as well as resources for guidance and advice about how to achieve and maintain optimal conditioning. The physical activity category includes school physical education classes and recess times to keep children active. For adults, physical activity is targeted toward worksite programs that allow a work environment conducive to more activity, and to gyms or wellness centers. For older adults, gyms, safe places to walk and activity programs at meal sites are part of best practice models. In order to promote physical activity, the recommendations also cover limiting screen time – be it a television or a computer or game board – to less than two hours per day. Limiting the daily hours at a screen is associated with better health.



**Screening** is a part of living a healthy life, and this broad category includes everything from disease prevention to health risk assessments. Assessments include screening, fitness testing, and identifying risks for future disease. A variety of screening programs is necessary and should be available to all age

groups. For youth, screening encompasses physical and mental health programs. Examples include school-based fitness and body mass index (BMI), vision screening, and hearing screening. Screening also includes public health clinics or health fairs

Obesity Trends\* Among U.S. Adults  
BRFSS, 2005



Percent of the Commission on Wellness and Healthy Living

designed to tell people what their numbers are (numbers such as blood pressure, blood sugar, weight, height, MBI, cholesterol etc.) Dental screening programs for children (such as the I-Smiles program) are important tools to maintain oral health and affects physical health as well. The concept of periodically measuring your health in order to maintain optimal functioning and wellness is the key underlying premise of knowing your numbers. Screening does infer access to services if referrals are necessary.

**Environment** interacts with individuals and influences health. Issues of environment can range from worksite and school cafeterias serving healthy foods to accessible public wellness centers, trails, gyms and exercise clubs. At one end of the spectrum the environment can create risks to health if pollution causes toxic responses. At the other end of the spectrum, an environment that is conducive to active living entices people to be less sedentary. An environment with easy access to healthy foods results in a healthier people as well. Iowans told the commission about their concern regarding coal burning energy plants, water pollution from animal feedlots, and air pollution from particulates released during manufacturing. This category includes what is described as a culture of wellness. This includes designing communities for active living as well as building communities to meet the functional needs of all people who live there. Collectively these elements comprise the Healthy Communities concept for creating healthy people. Environment plays an important role in socialization of an active lifestyle and can make it easier to achieve better health and to maintain it, once achieved.

**Best practices** are those efforts proven to be successful. They may be individual success stories or community wellness campaigns. The purpose of a best practice story is to help others who want to take the same journey. The best practice narrative provides enough detail that someone can use it to build a similar program with the same results. Evidence-based programs are those field tested for their success and replicated to demonstrate that the method works. Scientifically proven best practices are those researched with stringent research standards and evaluated to identify the level of success or improvement achieved. These studies may be compared against another similar group, that did not have the wellness interventions.

**Disease specific conditions and provider supplies** were issues identified in the dialog at each community meeting. While these are valid issues, the focus and purview of this commission was on the prevention of disease, not on the treatment of disease once it occurred. The charge compels the commissioners to look at those factors that create wellness in the hope of preventing the later onset of disease or disability. In each meeting, people identified that lack of access to mental health and dental services, particularly for the uninsured or underinsured, as a concern. Chronic disease management is an issue for many and a lack of opportunities for understandable health information and education is also a problem.

## **Appendix**

**Town Hall Meeting Agenda  
Subject Grid**

**A-1  
A-2**

## Agenda



### Lt. Governor Patty Judge's Commission on Wellness and Healthy Living

#### Commissioners

##### Dr. Selden Spencer, Chair

A neurologist from Ames, Dr. Spencer has dedicated his life to improving the lives of Iowans through healthy living. Dr. Spencer represents the 4<sup>th</sup> District.

##### State Senator Maggie Timman

As a state senator from Bettendorf, she was the leading advocate for increased health care funding and innovative initiatives in the legislature. Senator Timman represents the 1<sup>st</sup> District.

##### Sharon Yearous

As former president of the Iowa School Nurses Organization, Sharon Yearous of Cedar Rapids will address issues affecting the health of children. Ms. Yearous represents the 2<sup>nd</sup> District.

##### Art Silva

Art Silva is a Sioux City businessman who has spent eight years on the Mercy Medical Center Board of Trustees in Sioux City. Art brings a perspective on how improving health will also improve our economy. Mr. Silva represents the 5<sup>th</sup> District.

##### Kim Dorn

Kim Dorn has been a leader in public health for years. Currently serving as the Marion County Public Health Director, Kim is intimately familiar with the issues affecting the health of our state. Ms. Dorn represents the 3<sup>rd</sup> District.

#### Agenda for Town Hall Meetings

##### - Define Wellness

Example: "Consciously optimizing one's healthy well-being in mind, body and spirit."

##### - Identify Components of Wellness

Examples:

Emotional	Social
Physical	Spiritual
Psychological	Vocational

##### - Identify Barriers to Wellness

Examples:

Poverty  
Mental Illness  
Lack of Education

##### - Take Action

Individually  
In your community  
State's role

## Lt. Governor Patty Judge

Prior to being sworn in as Lt. Governor, Patty Judge served two terms as Iowa Secretary of Agriculture. Elected in 1998 and re-elected in 2002, she was the first woman to serve in this position. Patty Judge brought to the office a strong background in production agriculture, personnel management, finance, and the management of state government. During her years in the office, Patty became a nationally known figure. She served as the Secretary of the National Association of State Departments of Agriculture and she served on the United States Home Land Security's Agricultural Sector Government Coordinating Council.

Lt. Governor Judge was elected to the Iowa State Senate in 1993 and re-elected in 1996. During her tenure in the Senate she served as Assistant Majority Leader, Assistant Minority Leader and Ranking Member of the Agriculture Committee. She also served on Senate Natural Resources, Ways and Means, Appropriations, Small Business and Economic Development and Human Services committees.

Lt. Governor Judge graduated from Albia High School and the Iowa Methodist School of Nursing as a registered nurse. She also attended the University of Iowa. As a registered nurse Patty worked in public health, and developed the first in-service education program and first utilization review program for the Monroe County Hospital.

Her interest in economic development prompted her to earn a real estate broker's license and set up a small business specializing in the selling and appraising of farms. During the farm crisis of the 1980's she worked as a mediator for the Iowa Farmer Creditor Mediation Service.

Lt. Governor Judge is a life long resident of Southern Iowa, born in Fort Madison and raised in Albia. She and her husband, John, have owned a cow-calf farm in Monroe County for thirty-five years. They raised three sons and have three grandchildren. Lt. Governor Judge has been dedicated to community service, serving on the Albia Chamber of Commerce Board of Directors, as a 4-H leader, a member of PEO, an honorary FFA Chapter Farmer and a member of the Iowa State Fair Board.

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## Iowa Department of Public Health

Tom Newton

Director Tom Newton received his BA at the University of Northern Iowa in 1994, and later received his masters of Public Policy at UNI in 2002. From 2002 - present, Newton has served as the Department of Public Health's Director of the Division of Environmental Health. From 2000 - 2002, Newton worked as a Community Health Consultant within the Dept. of Public Health, and from 1997 - 2000 served as a public health officer for the Black Hawk County Health Department in Waterloo. Newton has served as President of the Iowa Environmental Health Association, and is also a member of the National Environmental Health Association, the Iowa Public Health Association and the American Public Health Association. In 2004, Newton received the Governor's Golden Dome Leader of the Year award within the Department of Public Health. A native of Zeeland, IA (Story Co.), Newton currently lives in Windsor Heights with his wife and infant twins.

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Jane Schadle

Jane Schadle is the director of the Iowa Department of Public Health, Office for Healthy Communities and is a community health improvement consultant. Until 2005 she was a director in strategic relations with the Wellmark Foundation, helping communities improve health status through foundation grants. She provides consultation and technical assistance to community health planners and coalitions. Prior to joining the Wellmark Foundation, she was a community health consultant at the Iowa Department of Public Health (IDPH). Her forte is health policy and community health planning. She was a member of the Clinton Health Task Force in 1993 and was staff to the Iowa Health Reform Council work in 1994. She is past president of the Iowa Rural Health Association and chair of the Harkin Nursing Advisory Committee. She was honored by the Iowa Public Health Association with the Richard Remington Award in 2004 and now serves on the IPHA Board. She is a lecturer and adjunct faculty member in the Des Moines University public health program. She chairs its Community Advisory Committee. She also is on a number of boards and is part of the state consultant team for the North East Iowa Foot and Fitness Initiative.

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	Ft Dodge	Burlington	Davenport	Sioux City	Newton	Mason City	Oskaloosa	Atlantic	Cedar Rapids	Waterloo
<b>Providers</b>										
Transportation to providers	X	X				X		X		X
Access to HC providers	X	X	X			X		X		
Medical Home		X	X			X				
Recruitment	X	X	X					X	X	
Making health treatment decisions						X			X	X
Nurse Practitioners for primary care		X								X
Wellness advocates -- coaches										X
Care managers -- case managers									X	X
Care giver support		X							X	X
Dental Access -- Dental Home		X	X	X	X	X	X	X	X	X
Mental Health Providers	X	X	X	X		X	X	X	X	X
<b>Public Health</b>										
Health Literacy									X	X
Wellness is proactive				X	X		X		X	
Evidence based programming - LUI	X	X			X	X	X		X	
Violence -- bullying in schools	X				X					
Chronic Disease self management			X			X				
Worksite wellness best practices	X	X	X	X		X		X		
Teen Pregnancy & Out of Wedlock	X		X							
Smoking Cessation			X					X	X	
Substance Abuse Prevention			X							
Grants for community wellness	X	X	X	X		X	X	X	X	
Grant Information -- central point of	X	X		X				X		X
<b>Food</b>										
Junk Food availability		X		X				X		X
Costs more to eat healthy	X			X	X			X	X	X
Genetic modifications -- labeling										X

	Ft Dodge	Burlington	Davenport	Sioux City	Newton	Mason City	Oskaloosa	Atlantic	Cedar Rapids
<b>Providers</b>									
Transportation to providers	X	X				X		X	
Access to HC providers	X	X	X			X		X	
Medical Home		X	X			X			
Recruitment	X	X	X					X	X
Making health treatment decisions						X			X
Nurse Practitioners for primary care		X							
Wellness advocates -- coaches									X
Care managers -- case managers									X
Care giver support		X							
Dental Access -- Dental Home		X	X	X	X	X	X	X	X
Mental Health Providers	X	X	X	X		X	X	X	X
<b>Public Health</b>									
Health Literacy									X
Wellness is proactive				X	X		X		X
Evidence based programming - LUI	X	X			X	X	X		X
Violence -- bullying in schools	X				X				
Chronic Disease self management			X			X			
Worksite wellness best practices	X	X	X	X		X		X	
Teen Pregnancy & Out of Wedlock	X		X					X	X
Smoking Cessation			X						
Substance Abuse Prevention			X						
Grants for community wellness	X	X	X	X		X	X	X	X
Grant Information -- central point of	X	X		X				X	

Food									
Junk Food availability		X				X			X
Costs more to eat healthy	X					X	X		X
Genetic modifications -- labeling									

Food	FD	Burl	Day	SC	New	MC	Osk	Atl	CR	Wat
Good food available -- food system -- food deserts		X	X	X	X			X	X	
Senior Citizen meal site -nutrition and - exercise		X				X	X	X		
Influence of the media	X			X						X
Advertising of calorie dense & nutrient poor foods	X			X				X		X
Environment and Community										
Culture of wellness	X		X	X	X		X	X		X
Safety -- Safe Kids -- safe biking, walking	X	X	X		X		X	X		
Environmental exposure -- toxic environment	X		X							X
Healthy Lifestyle -- design healthy communities		X			X	X	X	X		X
Healthy choices	X			X		X		X		X
Fewer intact families	X			X				X	X	
Disparities -- Stigmas				X	X	X				X
Healthy Communities/environment builds health	X	X	X	X		X	X	X		X
Walking instead of driving-walkable communities		X			X			X		X
Complexity of multiple addictions										X



Policy											
Pre-emption -- local control	X									X	X
Iowa Health Freedom Act											X
Coal Fired Energy Plants			X								
Insurance Companies Issues & benefits			X		X					X	X
Development -- trails, wellness centers, com hlth.	X	X	X		X	X					X
Set School nutrition standards & PE standards		X							X		
Air quality standards			X								
Miscellaneous											
Exercise vs active lifestyles						X				X	X
Individual accountability						X			X	X	X
Sustainable Agriculture							X				X
Health Care system						X				X	
Chronic Care Consortium/Health risk assessment									X		X
Wellness and healthy lifestyle incentive									X	X	X
Farmers Markets -- fresh food, local food							X		X		
										X	X
											X

-XXX-